

Norfolk

VIRGINIA



NORFOLK MRC NEWS

May 2012

PROJECT HOMELESS CONNECT SPRING 2012

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Happy Mother's Day



To all of the Mom's in
the MRC—thanks for
all you do!

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Project Homeless Connect is held semi-annually in Norfolk. This year, on April 18th, was the first regionalized Homeless Connect, held at the Norfolk Scope. Nine VDH staff and forty MRC volunteers from Norfolk, Virginia Beach, and Chesapeake Health Districts came together to offer health services to the homeless from South Hampton Roads. Services included blood pressure screening, body mass index screening, Tdap vaccinations, cholesterol and glucose screening, nutrition education, hygiene education, art therapy, and pharmacy counseling. In the medical area, 261 homeless individuals were served out of 679 in attendance at the event. The event was also an exercise in using

the Incident Command System, with volunteers and staff working together under the ICS structure to facilitate the many services offered. The event went smoothly and many volunteers expressed appreciation for the opportunity to serve and a chance to apply their ICS skills. Many thanks to Ellen Burgess, Virginia Beach MRC Coordinator, and Becky Washburn, Chesapeake MRC Coordinator, for their coordination of this effort. Special thanks to Norfolk MRC volunteers Tom Russel and Lexie Stone for their help with administration and logistics throughout the planning stage, and to all of the staff and volunteers who participated. MRC Volunteers Rock!

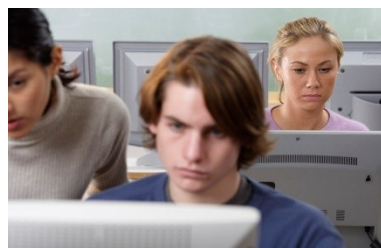


TRAINING UPDATE— CERTIFICATES NEEDED!

It's that time of year again for grant reporting, and I have to submit your training records. I've received a number of training certificates from many of you who are working through your courses, which is excellent. Remember, we are grant-funded, and completing your training helps us to meet our grant obligations and ensures critical funding for

our unit. If you have completed any of the online courses recently and have not already forwarded your certificate, please do so as soon as possible. If you need help with any of the courses, please contact me.

**Thank you for
your assistance
in keeping our
unit compliant
for critical
funding!**



No Show Alert!

We've had a spate of "no-shows" in the past few months, volunteers who are deployed but then don't show up at the event and don't call to notify me of their absence. This reflects poorly on our unit and can impact our future participation at events and our funding. If you are unable to keep your volunteer commitment, please contact me at your earliest convenience so that I can try to find a replacement. Consistent "no-show" issues may result in offenders being removed from the unit.

Please take your volunteer commitments seriously!

Kick Start Your Summer Body

This month is the perfect time to start achieving overall health and fitness. It is time to put all excuses and distractions behind you and start moving toward a healthy lifestyle that will lead to positive mental, physical and overall well-being. Let's get started!

Brain Wellness: A healthy brain and body work hand-in-hand to achieve overall fitness and well-being. Consistent fitness routines, especially in a small group setting, help release feel-good endorphins. Working out with friends and peers can also serve as a mind and body therapy session for sweating out negative attitudes, all while building endurance and strength. A study in the Journal of Sports Sciences found that focusing on group instead of individual strength can improve your body's performance levels because working out in a group may ease performance anxiety (1). Relax and focus on your way to meeting your fitness goals!

Body Fitness: May is the perfect time to get your fit on by switching up your routine and combining a mix of cardiovascular and strength

training exercises. Instead of logging endless miles on a treadmill, hop on a neighborhood track for a quick interval sprint workout or dust off your bike for some strenuous cycling workouts. Make the most of your workout: burn calories and boost your metabolism without draining the clock by doing interval workouts. These fast-paced workouts incorporate short bursts of explosive cardio and strength exercises, whittling both your exercise time and your waistline.

Belly Health: Americans mid-sections, on average, are not getting smaller. The size of your belly can be a good indication of the state of your body's health and wellness. To achieve a healthy lifestyle, it is important to focus on your body's core, as a healthy core can lead to healthy cardiovascular systems, digestive functions, and strong muscular structures. Busting out hundreds of situps, however, may not be the best approach to achieving a healthy middle section. Shedding an extra layer of belly bulge takes a two-prong approach of exercise and nutrition. While situps can be a part of your core workout, it is important to focus on toning all of your abdominal muscles for the best results. Effective total body exercises that work the core can include knee/leg lifting exercises and sitting on a balance ball when doing your regular strength training exercises. A healthy routine also includes



Upcoming Training and Activities

MAY

- 5/8 Medical Surge: ACS and Shelters—state polycom, 6:00-8:00P, NDPH
 5/9-5/10 TPPI Facilitator training, 8:30A-12:30P, NDPH (see VVHS alert)
 5/12 Women's Health Day, 12:00-3:00 PM, Lambert' Point Community Center (see VVHS alert)
 5/15-5/16 TPPI Facilitator training, 1:00-5:00 PM, NDPH (see VVHS alert)
 5/24 MRC Leadership meeting (Level 1).
 5/25-5/31 Virginia Hurricane Preparedness Sales Tax holiday
 5/25-6/2 National Hurricane Preparedness Week

JUNE

- 6/7-6/11 OpSail 2012. Medical and Support volunteers needed to assist in first aid tents. More information to follow.
 6/16 START Triage training, 9:00A-2:00P, TEMS

JULY

- 7/4 *Happy Fourth of July!* MRC office closed.
 7/20 Basic Life Support (BLS), 8:30A-12:30P, Virginia Beach Health Dept.
 7/23 Psychological First Aid at Virginia Beach Health Dept. 12:30-4:30 PM



Please register for all activities through Linda, unless noted otherwise. Thank you!

I will be on vacation starting May 26th through June 4th and will return to the office on June 5th. Terrance Afer-Anderson, NDPH Health Promotions, will be the MRC emergency coordinator during my absence to cover any emergency situations that may arise. I will respond to all other messages when I return. Thanks for your understanding! ~Linda

Kick Start Your Summer Body, cont.

cooking more meals at home; focusing on whole, nutrient-dense foods without extra additives, preservatives, or chemicals; watching portion control; and drinking an adequate amount of water. A healthy belly not only leads to a reduced risk of disease, but it also supports a more confident, energetic lifestyle.

With only a few weeks left until summer, it is time to get your body and mind in shape for optimal summertime fun and activities. Go get started for summer fun and fitness!

Article courtesy of Fitness Together and MRC Volunteer Susan Eilberg.

(1) Men's Health, Cardio Bulletin, March 2012

Medical Surge & Alternate Care Centers

Medical Surge: ACS and Shelters introduces volunteers to medical surge plans in an informative 2-hour videoconference.

Participants will be able to:

- Define and describe operational best practices to support medical surge.
- Describe the functions of local and state-managed shelter operations, including medical special needs.
- Describe the functions of Alternate Care Sites (ACS)
- Identify and describe potential volunteer roles in sheltering and ACS.
- Describe hospital emergency response teams.
- Outline the processes involved in state and federal deployment.

Tuesday, May 8, 2012 from 6:00 - 8:00 p.m. Please RSVP to Linda.



High Five!

Congratulations to (top to bottom) Peggy Troyer, Lisa Billow, Shelley Secor-Taylor, Patty Long, and Nicole O'Garro for completing their Level Two training and earning their bags, badges and MRC shirts!

Volunteer Spotlight

April was an *incredibly busy* month. I am so very grateful for and proud of all of the volunteers who jumped in to help out at all of the many different events taking place.

For starters, there was a marathon of **TDAP** clinics throughout the entire month, graciously staffed by vaccinators and registrars **Lexie Stone, Elena Malakhova, Susan Eilberg, Pam Hilbert, Renee Genora, Tom Russel, Sean Hess, Nicole O'Garro, Ashani Andrews, Ken Hart, Sabrina Hunt, and Tavia Petway.**



Despite all of the clinics, you just kept coming out, assisting with health screening at the **KEEP** event on April 14th. Registration and screening services were provided by **Riyadh Badrie, Charles Kessler, Dorolyn Alper, Renee Genora, Stephanie Fewkes, Lexie Stone, and Suraj Khanal.**



A few days later we hosted the regional **Project Homeless Connect**, working together with the Virginia Beach and Chesapeake MRC units to serve the homeless in South Hampton Roads. Health screening, education, and registration were efficiently handled and cheerfully provided by NMRC volunteers **Dorolyn Alper, Amy Amaro, Lisa Billow, Charleen Creasey, Clifton Fuller, Michelle Fuller, Renee Genora, Jim Gossney, Sean Hess, Joan Lamp, Patty Long, Elena Malakhova, Debbie Norton, Nicole O'Garro, Sabrina Robinson, Tom Russel, Shelley Secor-Taylor, Hilary Snyder, Lexie Stone, Peggy Troyer, and Madge Young.**

We rounded up the month with service at the **WHRO** pledge drive, helping to secure funding to our valued partner in community health education. Many thanks to **Terrance Afer-Anderson, Connie Buckallew, Susan Eilberg, Daryl Ketner, Debi Ketner, Suraj Khanal, Elena Malakhova, Tom Russel, and Jim Weckerly** for their time.



Many thanks to our ODU **Teen Pregnancy Prevention Initiative** Facilitators **Ashlee Arnold, Jordan Copeland, Lindsay Grazier, Dana Jenkins, Danielle Mason, Mary Ann Notarianni, Lauren Quinn, Mara Santiago, Jennifer Stephens, Katherine Washburn, and Audrey Yeiter** for all of their help with TPPI!

Finally, a shout out to all of our college students! Many of you have juggled school, work and volunteer assignments, and have still squeezed in time for the occasional online course. I admire your stamina and have enjoyed getting to know and work with



you. **Congratulations to all of our graduates!** Some of you have already told me you'll be staying with our unit, and some of you are moving on and have requested transfers to other units in your new location. If you are planning to be away over the summer please let me know so that I can change your status to "Temporarily Unavailable" until you return. If you are permanently moving, please contact me so I can either transfer or archive your MRC information as appropriate.

THANK YOU!